

Amendments to the Claims:

This listing of claims will replace all prior versions, and listings, of claims in the application.

Listing of Claims:**Claim 1**

1. (canceled)

Claim 2

2. (canceled)

Claim 3

3. (currently amended)

The muscle strengthening and rehabilitation apparatus of claim 2, wherein the length of the major diameter is 13.5 inches, the length of the minor diameter is 6.0 inches, and the thickness is 3.0 inches.

Claim 4

4. (canceled)

Claim 5

5. (canceled)

Claim 6

6. (canceled)

Claim 7

7. (canceled)

Claim 8

8. (canceled)

Claim 9

9. (canceled)

Claim 10

10. (currently amended) The muscle strengthening and rehabilitation apparatus wherein the apparatus comprises a foam material having a density of 3.0 lbs. per cubic foot.

Claim 11

11. (canceled)

Claim 12

12. (canceled)

Claim 13

13. (canceled)

Claim 14

14. (canceled)

Claim 15

15. (canceled)

Claim 16

16. (currently amended) The muscle strengthening and rehabilitation apparatus, wherein disposing the apparatus comprises placing at least one foot on the first surface, and placing the second surface in contact with a wall.

Claim 17

17. (currently amended) The muscle strengthening and rehabilitation apparatus, wherein disposing the apparatus comprises placing at least one foot on the first surface, and placing the second surface in contact with the floor.

Claim 18

18. (currently amended) The muscle strengthening and rehabilitation apparatus, wherein disposing the apparatus comprises placing at least one hand on the first surface, and placing the second surface in contact with a wall.

Claim 19

19. (currently amended) The muscle strengthening and rehabilitation apparatus, wherein disposing the apparatus comprises placing at least one hand on the first surface, and placing the second surface in contact with the floor.

Claim 20

20. (canceled)